

THE 19TH ANNUAL HENDERSONVILLE QUARTERBACK CLUB LIFT-A-THON WILL BE ON MONDAY, MARCH 5. IT WILL BE HELD AT OUR FIELDHOUSE BEGINNING AT 6:30PM. WE INVITE YOU TO ATTEND AND ASK FOR YOUR SUPPORT THROUGH A DONATION OR PLEDGE. THE MONEY WE GENERATE WILL HELP SUPPORT OUR TEAM NEXT SEASON, PLUS MAINTAIN A FIRST CLASS FIELDHOUSE FACILITY USED BY FOOTBALL, SOFTBALL, BASEBALL, WRESTLING, ROTC, GOLDEN GIRLS, SOCCER. OUR LIFT-A-THON IS BASED ON OUR FOUR MAJOR LIFTS (BENCH,SQUAT, CLEAN,AND INCLINE). WE ASK FOR A PLEDGE OF 1 CENT OR MORE FOR EVERY POUND LIFTED, OR FLAT DONATIONS ARE ACCEPTED. MY LAST MAX TOTAL WAS \_\_\_\_\_ LBS. WE WILL PERFORM TWO OF OUR LIFTS (BENCH, POWER CLEAN) TUESDAY NIGHT. WE THANK YOU FOR YOUR INTEREST AND SUPPORT OF HENDERSONVILLE HIGH SCHOOL. WITH YOUR HELP, ALL OF OUR ATHLETIC TEAMS WILL CONTINUE TO BE A SOURCE OF PRIDE FOR OUR ENTIRE COMMUNITY. **GO COMMANDOS!!!**

***ALL PLEDGES ARE DUE BY MARCH 2!!***

SPONSOR	AMOUNT PLEDGED/DONATED
1. _____	
2. _____	
3. _____	
4. _____	
5. _____	
6. _____	
7. _____	
8. _____	
9. _____	
10. _____	
11. _____	
12. _____	
13. _____	
14. _____	
15. _____	

**AWARDS/EXPECTATIONS**

- 1 TROPHIES WILL BE AWARDED TO THE TOP LIFTS,BEST LIFTER FOR THE VARSITY. 9TH BEST LIFTER ONLY.
- 2 \$50.00 WILL BE GIVEN TO THE PLAYERS (VARSITY AND FRESHMAN) WHO HAVE THE MOST PEOPLE PRESENT TO WATCH HIM LIFT.
- 3 \$200.00 WILL BE GIVEN TO THE PLAYER (OVERALL) WHO TURNS IN THE MOST MONEY. 2ND, 3RD, AND 4TH PLACE WILL RECEIVE \$100.00 .
- 4 PLAYERS ARE ASKED TO COLLECT AND TURN IN \$250.00 OR MORE BEFORE MARCH 2. TURN-IN DATES FOR PLAYERS- FEB 3/FEB 10/FEB 17/FEB 24/MAR 2

***ALL FINAL PLEDGES ARE DUE BY MARCH 2!***

- 5 PLAYERS THAT COLLECT AND TURN IN \$250.00 OR MORE BEFORE OR ON MARCH 2 WILL RECEIVE A FREE LONG SLEEVE TWO COLOR SHIRT WITH SCHOOL LOGO/ TWO COLOR SWEAT PANTS WITH POCKETS AND SCHOOL LOGO

players will receive incentives before school dismisses for summer

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